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## Excel Dental & Implant Center Excel Orthodontics

### Wisdom Teeth

- ❖ If you were sedated the effects of sedation will be with you for several hours. Please do not drive or operate machinery. Make sure you bring a family member or friend to help you
- ❖ Before you leave, make an appointment in a week for a post operative check.
- ❖ You will leave the office with wet gauze on the area. Apply pressure for 30 minutes to control bleeding. Replace with new gauze that is provided by our office.
- ❖ A little bleeding is normal. If the bleeding does not stop, apply pressure with a moistened tea bag for 30 minutes.
- ❖ There may be some cracks and bruising at the corners of your mouth
- ❖ You may experience some stiffness and restricted opening that may last for several days.
- ❖ You may keep an ice bag on the site outside your mouth to control swelling.

### For the first 24 hours

Do not rinse vigorously, it will cause loss of clot

Do not use a straw to drink, it will cause loss of clot

Do not smoke or use alcohol, it will slow healing

Do not exercise or do anything strenuous, it will increase bleeding

Do not touch the surgical site with your tongue or finger

Take the prescribed medications as directed unless you have an allergic reaction. If you are allergic to the medication please call our office

Restrict your diet to soft, cold and liquid foods

- ❖ It is normal to see your pillow stained with blood the next morning
- ❖ After 24 hours gently rinse your mouth with lukewarm salt water 3-4 times a day.

If the tooth was positioned too close to the nerve in the bone, you may experience some tingling sensation or numbness in your lip which may last for several days or even months. Rarely, it may be permanent.

Sometimes, especially with lower wisdom tooth extractions, the clot may be lost causing a dry socket. Due to loss of the clot the bone is exposed, exposing the nerve ending causing excruciating pain. It is very important to follow the post-operative directions in order to prevent a dry socket. In this case, call our office and make an appointment to be seen. Your surgeon will place a medicated dressing in the exposed socket which will help control the pain.

When you return in a week for a post-operative check, your surgeon will check to make sure there is adequate healing.

Please contact our office for further questions. We value your comfort and health!